

***HealthSmart* Alignment with
Maine Learning Results
Health Education Standards**

Grades K–5

Grade K	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students name basic healthy behaviors, including nutrition; personal health; and safety and injury prevention.	K – 2, 3, 5, 6, 7, 8, 9, 11, 12, 13, 14, 15, 16, 17, 18, 19, 21, 22, 23, 24, 25, 26, 27, 29, 30
1.2. Students name the dimensions of health including physical and social health.	Not covered
1.3. Students list prevention strategies for common childhood communicable diseases.	K – 6
1.4. Students list qualities of a safe and healthy school environment.	K – 10, 11
1.5. Students name personal and public body parts.	K – 4
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1. Students label trusted adults and professionals who can help promote health.	K – 3, 7, 8, 9, 10, 11, 18, 22
2.2. Students identify school and community health helpers.	K – 9, 10, 19
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.	
3.1. Students name health-enhancing behaviors to improve personal health including self-management skills.	K – 1, 5, 6
3.2. Students name behaviors to help avoid or reduce personal health risks.	K – 2, 13, 14, 15, 16, 17, 19, 29
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1. Students recognize people who influence their health behaviors.	K – 3
4.2. Students recognize factors that influence health behaviors.	K – 7, 8, 29
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1. Students name healthy and unhealthy ways to communicate.	K – 2
5.2. Students name healthy ways to express their needs, wants, and feelings.	K – 1, 2, 3, 9, 10

Grade K <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students name health situations where a decision is needed.	K – 20, 21, 28
6.2 Students identify what health goals are.	K – 5, 6, 23, 25

Grade 1	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students name basic health terms and behaviors, including healthy relationships; nutrition; personal health; and safety and injury prevention.	1 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 21, 22, 23, 24, 25, 26, 27
1.2 Students identify dimensions of health including physical, mental, social, emotional and health.	Not covered
1.3 Students identify the transmission and prevention of common childhood communicable diseases.	1 – 5
1.4 Students identify ways a safe and healthy school environment can promote personal health.	1 – 13, 14, 18
1.5 Students label personal and public body parts.	Not covered
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1 Students identify trusted adults and professionals who can help promote health.	1 – 1, 9, 11, 18, 29
2.2 Students identify the locations of school and community health helpers.	1 – 17
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks for self and others.	
3.1 Students describe health-enhancing behaviors to improve personal health including self-management skills.	1 – 5, 6, 8, 24
3.2 Students recognize behaviors to help avoid or reduce personal health risks.	1 – 7, 10, 12, 16, 17
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1 Students name people who influence their health behaviors.	1 – 2, 27, 29
4.2 Students identify factors that influence health behaviors.	1 – 13, 14, 27, 29
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students demonstrate healthy ways to communicate.	1 – 4, 17, 29
5.2 Students recognize ways to ask for help to promote health for self and others.	1 – 17, 18, 20, 29

Grade 1 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students identify health situations where a decision is needed.	K – 20, 21, 28 2 – 9, 10, 11, 12, 26
6.2 Students explore when health goals are useful.	1 – 8, 23

Grade 2	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students recognize healthy behaviors Including healthy relationships; nutrition; personal health; and safety and injury prevention.	2 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 26
1.2 Students recognize the multiple dimensions of health including physical, mental, social, and emotional.	Not covered
1.3 Students describe the transmission and prevention of common childhood communicable diseases.	2 – 5
1.4 Students describe ways a safe and healthy school environment can promote personal health.	2 – 5, 14, 15
1.5 Students recognize that the body changes throughout the lifespan.	2 – 2
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1 Students describe the characteristics of trusted adults and professionals who can help promote health.	2 – 4, 14, 25
2.2 Students describe ways to locate school and community health helpers.	2 – 4, 25
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks for self and others.	
3.1 Students apply health-enhancing behaviors to improve personal health including self-management skills.	2 – 5, 19, 21, 22, 25
3.2 Students explain behaviors to help avoid or reduce personal health risks.	2 – 3, 5, 9, 10, 11, 12, 26
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1 Students identify multiple influences on personal health behaviors including peers, family, and media.	2 – 1
4.2 Students describe factors that influence health behaviors.	2 – 4, 14, 25
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students describe verbal and non-verbal ways to communicate.	2 – 3, 4
5.2 Students demonstrate ways to promote health for self and/or others.	2 – 8, 15, 16, 23, 25, 26

Grade 2 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students identify health situations where decisions can appropriately be made by the individual and when assistance is needed.	2 – 9, 10, 11, 12, 26
6.2 Students identify resources to help achieve a personal health goal.	2 – 13, 19, 21

Grade 3	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students describe how healthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.	3 – 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 17, 18, 19, 20, 22, 23, 24, 25, 26, 27, 28
1.2. Students recall the dimensions of health including physical, mental, social, and emotional.	3 – 1
1.3. Students identify ways to prevent and detect common childhood health conditions.	3 – 6, 7
1.4. Students explain ways a safe and healthy environment can promote personal health.	3 – 9, 10, 11, 13, 14, 15
1.5. Students recognize that bodies change at different rates.	4 – 25, 26
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1. Students identify characteristics of reliable health information, products, and trusted adults.	4 – 20 5 – 4, 38
2.2. Students identify resources from home, school, and the community that provide reliable health information.	3 – 1
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.	
3.1. Students examine health-enhancing behaviors to improve or maintain personal health including self-management skills.	3 – 4, 18, 22, 24
3.2. Students examine a variety of behaviors to help avoid or reduce personal health risks to self and others.	3 – 6, 8, 12, 16, 29
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1. Students identify how a variety of factors influence personal health behaviors including peers, family, school, community, media, and technology.	3 – 3, 4, 14, 21, 27, 28
4.2. Students list health behaviors that could influence future behaviors.	3 – 3, 4, 7, 8, 11, 19

Grade 3 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students demonstrate effective communication skills to enhance personal health including written, face-to-face, and safe use of technology.	3 – 4, 15, 16, 29
5.2 Students explore ways to promote health for self, others, and school.	3 – 7, 11, 15, 29
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students identify a decision-making process to enhance health.	3 – 13, 26
6.2 Students identify the goal-setting process to enhance health.	3 – 12, 22, 24

Grade 4	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students describe how healthy and unhealthy behaviors impact personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.	4 – 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 16, 17, 18, 19, 20, 24
1.2. Students define the dimensions of health including physical, mental, social, and emotional.	Not covered
1.3. Students identify ways to prevent, detect, treat, and/or manage common childhood health conditions.	4 – 3, 7, 8
1.4. Students explain ways a safe and healthy environment can positively and negatively impact personal health.	4 – 11
1.5. Students explore ways their bodies grow, change, and develop through adolescence.	4 – 25, 26
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1. Students describe characteristics of reliable health information, products, and trusted adults.	4 – 20
2.2. Students explore resources from home, school, and the community that provide reliable health information.	4 – 6, 20, 27
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks for self and others.	
3.1. Students explain health-enhancing behaviors to improve or maintain personal health including self-management skills.	4 – 9, 19
3.2. Students explain a variety of behaviors to help avoid or reduce personal health risks to self and others.	4 – 3, 5, 13, 15, 23
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1. Students explore how a variety of factors influence personal health behaviors including peers, family, community, culture, media, technology, and social platforms.	4 – 13, 21
4.2. Students identify how health behaviors could influence future behaviors.	4 – 2, 7, 8, 28

Grade 4 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students demonstrate effective communication skills to enhance personal and family health including written, face-to-face, and safe use of technology.	4 – 6, 13, 14, 15, 22, 23, 27
5.2 Students demonstrate ways to promote health for self, others, and school.	4 – 20, 24, 26
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students describe when to use a decision-making process to enhance health.	4 – 14, 28
6.2 Students describe when to use a goal-setting process to enhance health.	4 – 9, 19

Grade 5	HealthSmart (Grade – Lesson)
Standard HE1: Health Concepts Health literate students comprehend concepts related to health promotion and disease prevention to enhance health.	
1.1. Students predict how healthy and unhealthy behaviors affect personal health, including healthy relationships; nutrition; safety and injury prevention; and substance use prevention.	5 – 1, 2, 5, 6, 7, 8, 11, 13, 16, 17, 18, 19, 20, 21, 24, 30, 32, 33, 34, 35, 37
1.2. Students explain the dimensions of health including physical, mental, social, and emotional.	5 – 1
1.3. Students describe ways to prevent, detect, treat, and/or manage common childhood health conditions.	5 – 5, 6
1.4. Students identify current health issues that relate to one’s environment and the impact on personal health.	5 – 5, 6
1.5. Students describe how their bodies grow, change, and develop physically, mentally, socially, and emotionally through adolescence.	5 – 32, 33, 34, 35
Standard HE2: Health Information, Products, and Services Health literate students can demonstrate the ability to access reliable health information, services, and products to enhance health.	
2.1. Students compare and contrast characteristics of reliable health information, products, and trusted adults.	5 – 4, 38
2.2. Students locate resources from home, school, and the community that provide reliable health information.	5 – 4, 5, 13, 31, 38
Standard HE3: Health Promotion and Risk Reduction Health literate students demonstrate the ability to practice health- enhancing behaviors and avoid or reduce health risks for self and others.	
3.1. Students demonstrate health-enhancing behaviors to improve or maintain personal health including self-management skills.	5 – 3, 6, 22, 23
3.2. Students demonstrate a variety of behaviors to help avoid or reduce health risks to self and others.	5 – 9, 12, 19, 28
Standard HE4: Influences on Health Health literate students analyze the influences of family, peers, culture, media, technology and other factors on health practices and behaviors.	
4.1. Students describe how a variety of factors influence personal health behaviors including peers, family, community, culture, media, technology, and social platforms.	5 – 2, 7, 10, 11, 14, 19, 25, 26, 30, 33, 36
4.2. Students describe how health behaviors could influence future behaviors.	5 – 1, 5, 6, 37

Grade 5 <i>(continued)</i>	HealthSmart (Grade – Lesson)
Standard HE5: Communication and Advocacy Skills Health literate students demonstrate the ability to use interpersonal communication and advocacy skills to enhance personal, family, and community health.	
5.1 Students demonstrate effective communication skills to enhance personal, family, and community health including written, face-to-face, and safe use of technology.	5 – 3, 28, 31
5.2 Students demonstrate ways to promote health for self, others, and school.	5 – 9, 15, 27, 36
Standard HE6: Decision-Making and Goal-Setting Skills Health literate students demonstrate the ability to make decisions and set goals to enhance health.	
6.1 Students apply a decision-making process to enhance health.	5 – 12, 29
6.2 Students practice the goal-setting process to achieve a personal health goal.	5 – 22, 23